NOW YOU'RE COOKING WITH NESCO®

4-Quart Roaster Oven Recipes and Use/Care Instructions



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.

2. Do not touch hot surfaces. Use handles or knobs.

3. Always plug probe control cord into the appliance first, then plug other end of cord into wall outlet, then adjust temperature control to the desired temperature. To disconnect, turn control to off, then remove plug from wall outlet.

4. To protect against electrical shock, do not immerse this appliance, including cord and plug, in water or other liquid.

5. Close supervision is necessary when any appliance is used by or near children.

6. Unplug from outlet when not in use and before cleaning. Allow to cool completely before putting on or taking off parts, and before cleaning.

7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
Return appliance to Nesco Factory Service Department for examination, repair or adjustment.

8. The use of accessory attachments not recommended by the manufacturer may cause injuries.

9. Do not use outdoors.

10. Do not let cord hang over edge of table or counter, or touch hot surfaces.

11. Do not place on or near a hot gas or electric burner or in a heated oven.

12. Extreme caution must be used when moving an appliance containing hot oil or hot liquids.

13. Do not use appliance for other than its intended use, as described in this manual.

14. Do not use metal scouring pads on the exterior surface of the Roaster Oven. Pieces can break off the pad and touch electrical parts creating a shock hazard.

SAVE THESE INSTRUCTIONS

This Appliance Is For Household Use. A short cord is provided to reduce the hazard resulting from becoming entangled in or tripping over a longer cord. Longer cords and extension cords are available and may be used if the marked electrical rating of the longer cord is at least as great as the electrical rating of the appliance, and if care is taken to arrange the longer cord so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over accidentally.

UL® Listed

The line of NESCO® Roaster Ovens shown on the back cover display white exteriors. Other colors are produced and may be substituted at the discretion of the manufacturer, The Metal Ware Corp.

Introducing The NESCO® 4-Quart Roaster Oven.

Now you are ready to discover more ways to make meals that are both healthful and delicious. And, you are now ready to experience first-hand the convenience and versatility of this compact portable electric cooking appliance.

Take a few minutes to read through this Guide. You'll find out how to better use your Roaster Oven. And you'll find a selection of healthful and fun recipes -- all carefully tried and tested for your enjoyment.

The NESCO Roaster Ovens have a long tradition in family home cooking, beginning in the 1930's. Yet, very few cooking appliances can demonstrate that they are as up-to-date and useful today as they were in the past. NESCO Roaster Ovens have truly kept pace with cooking styles, preferences, occasions and family sizes.

Your 4-Quart Roaster Oven is an everyday, every meal cooking appliance. It's much, much more than a slow cooker -- it is a highly versatile oven with a temperature range of 200° to 425°. It can ROAST, BAKE, STEAM/POACH. And you can serve from it and store refrigerated food in it.

Use it at home on your kitchen countertop (no more heat in the kitchen!) ... or in a covered patio, basement or garage ... or away from home in a cabin, RV or boat. Complete convenience and portability are yours.

Your Roaster Oven also features a unique CIRCLE OF HEAT™ construction. This means that foods are heated from the side, not the bottom, for even, moist cooking results. You'll taste the difference the very first time.

So, start cooking with NESCO. Explore all the ways to get the most out of this special home cooking appliance.

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THE METAL WARE CORP. P.O. Box 237 Two Rivers, WI 54241
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GET TO KNOW YOUR 4-QUART NESCO® ROASTER OVEN

COVER. Heavy gauge aluminum Cover is designed to control heat and moisture efficiently. Two vent-holes are provided to allow just the right amount of moisture to escape during cooking. Note: When lifting the Cover, use the knob on the Cover, and tilt it away to divert escaping steam.

RACK. The removable wire Rack is used for efficient meat roasting, and baking.

COOKWELL. The porcelain enamel Cookwell has a full 4-Quart capacity. It is removable for easy clean-up in the dishwasher or sink, or for food storage in the refrigerator.

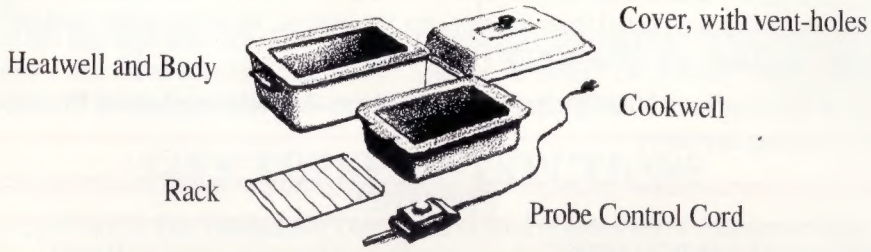
HEATWELL and BODY. The sides of the 4-Quart Roaster Oven contain the exclusive **CIRCLE-OF-HEAT™** element for even, moist cooking, plus the added advantages of thick insulation and a full-range automatic oven temperature control.

DO NOT PLACE FOOD OR WATER DIRECTLY IN THE HEATWELL -- *ONLY THE COOKWELL.*

AUTOMATIC TEMPERATURE CONTROL and **SIGNAL LIGHT.** The removable Temperature Control regulates cooking temperature to maintain the desired temperature inside the Cookwell of the Nesco Roaster Oven. Temperatures from 175°F. to 425°F. are conveniently marked in 25°F. increments.

The Signal Light comes on to indicate the Roaster is heating. When the set temperature is reached, the Signal Light goes out. It will continue to cycle on and off during cooking to indicate that the temperature is being automatically maintained.

TEMPERATURE GUIDE. The conveniently-placed guide gives recommended temperatures for slow cooking, roasting, baking, steaming and serving.



HOW TO USE AND CARE FOR YOUR 4-QUART NESCO® ROASTER OVEN

BEFORE USING THE FIRST TIME

1. Unpack your NESCO Roaster oven completely and **REMOVE ALL PACKAGING MATERIAL AND INFORMATION LABELS.** Place the Roaster Oven in **a well-ventilated area on a heat resistant surface.** Set the control dial to its minimum setting. Place the Cookwell in the Heatwell and cover, connect the Probe Control Cord to the Roaster Oven and plug the cord into a 120 volt AC outlet. Return control to maximum setting. Operate the Roaster Oven empty for approximately 60 minutes, or until any odor or smoking disappear. Some smoke and odor are a normal part of "curing" the element and will not reoccur in cooking use. When curing is completed, turn the temperature control to its lowest setting, unplug the unit from the electrical outlet and allow to cool.

2. Wash the Cover, Cookwell and Rack in warm sudsy water, then rinse and dry. Refer to complete cleaning instructions on next page.

TO OPERATE YOUR ROASTER OVEN

1. Place the Cookwell into the Heatwell. **Always use the Cookwell for food. NEVER PLACE FOOD DIRECTLY IN THE HEATWELL.**
2. Preheating is recommended. To preheat, place the Cookwell into the Heatwell and cover. Set the probe control dial to its minimum setting. Connect the Probe Control to the roaster oven and plug into 120 volt AC outlet. Reset the temperature control to desired temperature. Preheat 20 minutes or until red light goes off. Carefully, using hot pads, add food to the Cookwell.
3. The Rack may be used for baking or fat-free roasting. Other foods such as meats, soups and stews are prepared without the Rack.
4. Replace the Cover. Always cook with the Cover in place.
5. If the Roaster Oven has not been preheated, turn the temperature control to off. Plug the cord into a 120 volt AC outlet. Set the temperature control to the desired temperature. Fill the Cookwell with food as desired.
6. Cook the food for the desired amount of time. When finished, turn the temperature control to off and unplug the cord from the 120 volt outlet. Allow the Roaster Oven to cool and clean as recommended below.

COOKWELL, COVER AND ACCUMULATED STEAM WILL BE HOT. USE CAUTION AND HOT PADS TO LIFT COVER OR REMOVE COOKWELL FROM HEATWELL.

CARE AND CLEANING

1. After the NESCO Roaster Oven has cooled, remove Cover, Rack (if used) and Cookwell. **Wash in warm sudsy water or place in the dishwasher. CAUTION - do not put Cover in the dishwasher.**
2. Cooked-on food may be removed by using a non-abrasive cleaning pad and non-abrasive cleansers, such as Soft Scrub® or Bon Ami®. Do not use abrasive cleansers or steel wool as porcelain enamel finish may scratch.
HINT: To easily remove baked-on food residue, place Cookwell in Heatwell; then fill Cookwell with hot water. Cover and heat at 350°F. for 30 minutes. Turn off and allow to cool completely. Wash Cookwell as directed above.
3. NEVER IMMERSE ROASTER OVEN IN WATER. To clean, wipe outside of Roaster Oven with a damp cloth and dry. Do not use abrasive cleansers on exterior surface.
4. Porcelain enamel is a strong finish and provides easy cleaning and years of use. It will not stain and stays attractive, even when used often. However, it will chip if subjected to sharp blows or is mistreated. Water spots or mineral deposits (characterized by a white film on surface) may be removed with household vinegar or non-abrasive cleansers.



The Roaster Oven porcelain enamel Cookwell is easily removed, after cooling, for clean-up. Just wash in warm sudsy water or place in the dishwasher.

HELPFUL HINTS

ROASTER OVEN SHOULD ALWAYS BE PREHEATED FOR 20 MINUTES OR UNTIL RED LIGHT ON TEMPERATURE CONTROL GOES OFF.

• The temperature settings noted in this book have been thoroughly tested. However, you may adjust the temperature setting up or down 25 degrees, as desired, to achieve the desired results.

General Guide To Cooking Temperatures:

200° to 225°	Serving, Holding
225° to 250°	Slow cook
300° to 350°	Roasting, Simmering
350° to 400°	Baking

• Spray Cookwell with non-stick, spray coating or grease lightly to prevent sticking.
• It is easy to adapt your own recipes to the NESCO Roaster Oven. Follow the charts or select a recipe from this book that is similar in size and type to your own recipe and use it as a guide for cooking method. Generally, use the same cooking time and temperature in your NESCO Roaster Oven as you would when using a conventional oven. Remember, always adjust cooking time to your own preference, cooking food until done and tender.

BAKE:

• Baking foods directly in Cookwell is recommended because of the unique "Circle-of-Heat™" technology which cooks foods from the side, not the bottom. You'll enjoy great results with fruit crisps, deep dish pizza, quiche and casseroles.
• The 4-Qt. Roaster Oven does perfect, even baking with fruit crisps. We recommend preparing crisps over pies.
• An 8x4-inch or a 9x5-inch loaf pan will fit into your NESCO Roaster Oven. It should be placed on the Rack and may be used to prepare casseroles or bake breads or cakes. Use caution and hot pads when using the loaf pan, as both the pan and the NESCO Roaster Oven will be hot.
• When baking bread, set pan sideways on Rack for last 5 to 8 minutes to finish browning the top and bottom of bread.
• Cover the baking Rack with aluminum foil and use as a baking sheet. Poke 2 or 3 holes in aluminum foil in center of Rack to allow heat to flow. Arrange foods, such as rolls, around the edge leaving center open.

ROAST:

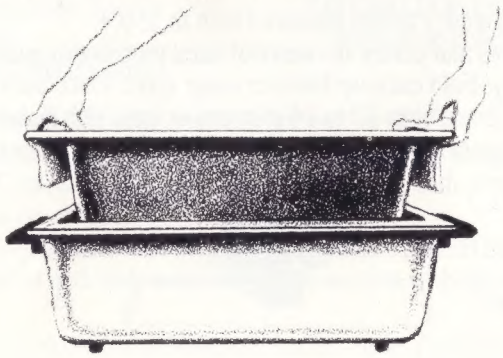
• Preheat 4-Qt. Roaster Oven until red light on temperature control turns off.
• Because of NESCO's unique "Circle of Heat", meat roasts moist and tender.
• For additional browning: Combine browning sauce and either margarine or oil to brush over meat. Sprinkle herbs or dry soup mix over meat before roasting. Remove natural juices with a baster during the last half of roasting.
• The natural meat juices form moisture during roasting which may collect on the inside of the Cover. Remove Cover carefully, tilting it away from you.
• Roasting time in the recipes and chart begin with refrigerated meat. If meat is frozen,

allow an additional 15 to 20 minutes per pound cooking time.
• To sear meat: Preheat to 425°F. Add margarine, then meat. Cover, then sear meat 5 to 10 minutes per side until lightly browned. Stir ground meat once. Time may vary depending on the quantity of meat.
• To simmer meat: Preheat to sear meat. Reduce temperature to 250°F. and allow 1-1/2 hours cooking time for each 30 minutes cooking time given in the recipe. Simmering less tender cuts of meat will make them very tender. Adding a gravy or sauce will make them more flavorful.

COOK:
• When combining meats and vegetables, cooking will be more even if all food is cut in uniform sizes.
• Cook for at least the minimum time stated, or longer, as desired or necessary to complete cooking. The exact cooking time is given in a range and is not critical since the heat is slow and gentle. Always cook food fully, until completely done and tender.
• Since little moisture escapes during cooking, add additional liquid sparingly.

STEAM:
• No fat is used when steaming, so it's an easy way to cook tasty and nutritious low-calorie foods.

SLOW COOKING:
• Slow cooking provides slow, even heat that tenderizes less-tender cuts of meat and allows the flavor of soups, sauces and beans to develop fully. Fill the NESCO Roaster Oven with the desired recipe, then leave it alone to cook while you are out or busy with other things.
• The temperature setting of 225° to 250° is recommended for slow cooking.
• Lean meats are the best choice when slow cooking. Trim excess fat. Meats should be browned, then drained before slow cooking.



The Cookwell is easily removed for food preparation, serving and cleaning. BE SURE TO USE HOTPADS OR GLOVES WHEN OVEN IS HEATED.

BAKE

BAKE CHART

Preheat 4-Qt. Roaster Oven for 20 minutes or until red light goes off. Set Rack in preheated Cookwell; place bake pan or food on rack in preheated Cookwell.

Type of Food	Size of Bake Pan	Temperature Setting	Bake Time in Minutes
Quick Bread	9x5-inch Loaf Pan	350°F.	60 to 70
Quick Bread	5-3/4x3-1/4-inch Loaf Pan	375°F.	40 to 45
Yeast Bread	9x5-inch Loaf Pan	375°F.	35 to 45
Pound Cake	9x5-inch Loaf Pan	350°F.	50 to 60
Fruit Crisp	In Cookwell	350°F.	30 to 45
Deep Dish Quiche	In Cookwell	350°F.	40 to 50
Deep Dish Pizza	In Cookwell	400°F.	20 to 25
Scalloped Potatoes	In Cookwell	325°F.	45 to 60
Baking Potatoes	On Rack	400°F.	45 to 55
Sweet Potatoes	On Rack	400°F.	40 to 45
Winter Squash (Butternut, Buttercup, Acorn)	On Rack	400°F.	30 to 40
Baked Apples in custard cups	On Rack	350°F.	30 to 35
Fish Fillets (1 Lb.)	On Rack	350°F.	15 to 20
Casseroles	In Cookwell	325°F.	45 to 60

SALMON IN PARCHMENT

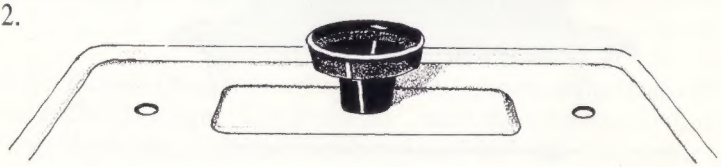
1 to 1-1/4 Lb. Salmon fillets
1 Medium Carrot, cut julienne
1 Stalk Celery, cut julienne
2 (12x12-inch) Pieces Parchment paper
1 Lime, cut into wedges
2 Tsp. Chopped parsley

Set Rack in 4-Qt. Cookwell. Preheat Roaster Oven to 350°F.

Arrange fillets, carrots and celery in center of each parchment paper. Sprinkle with lime wedge and parsley. Fold each up Butcher wrap style. Place packages on Rack in preheated Cookwell. Cover; bake 12 to 18 minutes or until fish flakes.

Remove packages to serving plates with a wide spatula. Cut a slit in top of packages to serve.

Serves 2.



The two vent-holes in the Cover are designed to allow just the right amount of moisture to escape during cooking.

BAKED FISH STEAKS

2 Fish steaks (approximately 8 Oz. each)*
2 Tbsp. Margarine
1 Tsp. Chopped parsley
1 Tsp. Chopped chives
1/2 Tsp. Tarragon
Salsa sauce, to serve

Set Rack in 4-Qt. Cookwell. Preheat Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Place steaks on Rack in preheated Cookwell. Arrange half the margarine, parsley, chives and tarragon on each steak. Cover; bake 15 to 20 minutes or until fish flakes and becomes white.

Serve hot with salsa sauce.

Serves 2.

**Halibut, tuna, salmon, swordfish*

STUFFED POTATO SKINS

3 Large Baking potatoes, baked
1 Cup (4 Oz.) Shredded Cheddar cheese
2 Green onions, thinly sliced
1/2 Cup Sliced black olives
3 Slices Fried bacon, crumbled
Salt and ground black pepper, to taste
6 Tbsp. Sour cream, to serve

Preheat 4-Qt. Roaster Oven to 425°F.

Cut each baked potato in half. Scoop out pulp, leaving 1/2-inch layer of potato in skins. Sprinkle cheese, then onions, olives and bacon evenly over potato skins; season.

Lightly spray Cookwell with spray cooking oil. Set Rack in preheated Cookwell.

With tongs, arrange stuffed skins on Rack. Cover; bake 10 to 15 minutes or until hot and fluffy. To serve, top each skin with a spoonful of sour cream.

Makes 6 skins.

DEEP DISH PIZZA

1 Loaf Frozen bread dough, thawed
1 Can (4 Oz.) Pizza sauce
16 Slices Pepperoni
1 Can (4 Oz.) Sliced mushrooms
1/4 Cup Sliced Black olives
1/2 Cup (2 Oz.) Shredded Mozzarella or Provolone cheese

Remove 4-Qt. Cookwell. Preheat covered Heatwell to 400°F.

Lightly spray Cookwell with spray cooking oil. Pat bread dough into bottom and 1-inch up sides of Cookwell. Spread on pizza sauce; top with pepperoni, mushrooms and olives. Sprinkle on cheese.

Place Cookwell in preheated Heatwell. Cover; bake 15 to 20 minutes or until done. Lift edges with spatula and slide onto serving plate. Cut with pizza cutter.

Serves 2.

For thinner crust: Divide bread dough in half to make 2 pizzas.

TURKEY MORNAY

2 Pkgs. (10 Oz. ea.) Frozen broccoli spears, thawed
6 Slices Turkey breast meat (approximately 1 Lb.)
1/4 Lb. Sliced Prosciutto ham
1/4 Cup Margarine
1/4 Cup All purpose flour
1 Cup Chicken broth
1/2 to 3/4 Cup Milk
1 Tsp. Grated Lemon peel
Salt and white pepper, to taste
1/4 Cup Grated Parmesan cheese
1 Tsp. Chopped parsley

Set Rack in 4-Qt. Roaster Oven. Add 1 Cup water. Cover; preheat to 350°F. for 20 minutes.

Place broccoli spears on Rack. Cover; steam 8 to 10 minutes or until tender. Remove broccoli and Rack. Discard water from Cookwell.

Meanwhile, melt margarine in medium saucepan over medium heat. Stir in flour to form a roux. Gradually stir in broth and milk to desired thickness. Add lemon peel, salt and pepper; stir. Remove from heat.

Lightly spray Cookwell with spray cooking oil. Arrange broccoli in Cookwell; layer turkey, then ham.

Pour sauce over meat. Sprinkle Parmesan cheese and parsley over the top. Set Cookwell in hot Heatwell. Cover; bake 25 to 30 minutes or until bubbly hot.

Serves 4 to 6.

SHRIMP CHEESE PUFF

1/2 Lb. French bread
1/2 Cup Margarine, divided
1/2 Lb. Small shrimp, cleaned
1/4 Cup All purpose flour
1 Cup Milk
1 Can (16 Oz.) Stewed tomatoes
Salt and ground black pepper, to taste
3 Eggs, lightly beaten
1-1/2 Cups (6 Oz.) Grated Swiss cheese
1 Cup (4 Oz.) Gruyere cheese, cut into pieces

Day before:

Cut bread into 1-inch slices. Spread half margarine onto one side of each slice. Lightly spray Cookwell with spray cooking oil. Arrange half the slices in Cookwell. Layer half the shrimp and cheeses over bread.

Melt margarine in medium saucepan over medium heat. Stir in flour to form a roux. Gradually stir in milk. Cook until thickened, stirring constantly. Remove from heat, stir in stewed tomatoes. Stir a small amount of tomato sauce into eggs. Stir egg mixture back into tomato mixture.

Pour half the tomato sauce over first layer. Repeat layers. Cover Cookwell and refrigerate overnight.

To serve:

Preheat 4-Qt. Roaster Oven to 300°F.

Place Cookwell in Heatwell. Cover; bake 65 to 75 minutes or until set.

Serve with Mushroom Sauce (Page 24).

Serves 4 to 6.

SPINACH QUICHE

1 (9-inch) Pastry crust, unbaked
1 Pkg. (10 Oz.) Frozen chopped spinach, thawed, squeezed dry
1/4 Lb. Italian sausage, cooked (optional)
1 Can (8 Oz.) Sliced mushrooms, drained
1 Small Onion, diced
2 Cups Ricotta cheese
1 Cup (4 Oz.) Shredded Swiss cheese
4 Eggs
1/4 Tsp. Dry mustard
1/2 Tsp. Italian herb seasoning
Salt and ground black pepper, to taste
1/4 Cup Grated Parmesan cheese

Remove 4-Qt. Cookwell. Preheat covered Heatwell to 350°F.

Roll pastry crust into rectangle slightly larger than Cookwell. Lightly spray Cookwell with spray cooking oil. Place crust into bottom of Cookwell. Set Cookwell into preheated Heatwell. Cover; bake 10 minutes.

Remove Cookwell onto heatproof surface. Layer spinach, sausage, mushrooms, onions and Swiss cheese over crust. Combine Ricotta cheese, eggs and seasonings; stir to blend. Pour over Swiss cheese. Top with Parmesan cheese.

Set Cookwell into Heatwell. Cover; bake 40 to 50 minutes or until set. Let quiche stand 5 minutes before serving.

Serves 4 to 6.

VEGETARIAN PASTA

1 Pkg. (9 Oz.) Fresh linguine
1/4 Cup Margarine
1/4 Cup All purpose flour
2 Cups Milk
1 Cup (4 Oz.) Grated Colby Jack cheese
1 Green onion, thinly sliced
1/2 Cup Thinly sliced red pepper
8 Oz. Mushrooms, cleaned, sliced
1 Pkg. (10 Oz.) Frozen chopped broccoli, thawed
1 Pkg. (10 Oz.) Frozen cauliflower flowerettes, thawed
1/4 Cup Grated Parmesan cheese

Preheat 4-Qt. Roaster Oven to 350°F. Poach pasta according to Poach Chart (Page 26). Drain.

Meanwhile, melt margarine in medium saucepan over medium heat. Stir in flour to form a roux. Gradually stir in milk. Cook until thickened, stirring constantly. Remove from heat; stir in cheese.

Lightly spray Cookwell with spray cooking oil. Pour linguine into preheated Cookwell. Arrange vegetable over pasta; pour cheese sauce over all. Sprinkle on Parmesan cheese. Cover; bake 20 to 30 minutes or until heated through.

Serves 4 to 6.

TURKEY PIE

1 (9-inch) Pastry crust, unbaked
3 Cups Coarsely chopped turkey
1 Leek, chopped
2 Medium Carrots, thinly sliced
2 Stalks Celery, thinly sliced
2 Large Red potatoes, peeled, coarsely chopped
1 Tbsp. Barley
1 Cup Sliced mushrooms
1/2 Cup Cut green or lima beans
1-1/2 Cups Turkey gravy
1 Cup (4 Oz.) Grated Swiss cheese
1 Tbsp. Chopped parsley

Remove 4-Qt. Cookwell. Preheat covered Heatwell to 350°F.

Roll pie crust into rectangle slightly larger than Cookwell. Lightly spray Cookwell with spray cooking oil. Place crust into bottom of Cookwell. Set Cookwell into preheated Heatwell. Cover; bake 10 minutes.

Meanwhile, combine turkey and vegetables; stir to mix. Spoon vegetables over hot crust. Evenly pour gravy over; sprinkle cheese and parsley on top. Cover; bake 30 to 40 minutes or until pie is hot and bubbly.

Serves 4.

SQUASH SOUFFLE

2 Lb. Acorn or Butternut squash
2 Eggs, separated
1 Cup Lowfat plain yogurt or sour cream
2 Tbsp. All purpose flour
1/4 Tsp. Cream of tartar
1-1/2 Cups (6 Oz.) Shredded Cheddar cheese
4 Slices Bacon, cooked, drained, crumbled

Set Rack in 4-Qt. Roaster Oven. Add 1-1/2 Cups water. Cover; preheat to 350°F. for 20 minutes.

Cut squash in quarters; remove seeds. Place squash on Rack. Cover; steam 20 minutes or until tender (see Vegetable Steam Chart, Page 25). Remove squash and Rack. Discard water from Cookwell.

Meanwhile, combine egg yolks, yogurt and flour. Beat egg whites with cream of tartar until stiff. Fold egg whites into yolk mixture.

Lightly spray Cookwell with spray cooking oil. Scoop squash from skin. Layer half the squash, egg mixture, cheese and bacon in Cookwell; repeat. Place Cookwell into Heatwell. Cover, bake 25 or 30 minutes or until set.

Serves 4 to 6.

ENGLISH MUFFIN BREAD

3 to 3-1/4 Cups All purpose flour
1 Pkg. (1/4 Oz.) Active dry yeast
1 Tbsp. Granulated sugar
1 Tsp. Salt
1-1/4 Cups Very warm water (110° to 115°F.)
Cornmeal

In large mixing bowl, combine 1 Cup flour, yeast, sugar, salt and warm water. Beat on low speed 2 minutes. Add 1 Cup flour; beat on medium speed 1 minute. Stir in remaining flour to make a soft dough. Place dough into lightly greased, clean bowl; turn dough over to bring greased side up. Cover with greased waxed paper and a towel. Let rise in warm place for 1 hour or until doubled in bulk.

Punch down dough. Grease, then sprinkle bottom and sides of 9x5-inch loaf pan with cornmeal. Shape dough into loaf; place in prepared pan. Cover; let rise 30 minutes.

Meanwhile, preheat 4-Qt. Roaster Oven to 375°F. Set Rack in Cookwell. Place loaf pan on Rack in preheated Cookwell. Cover; bake 35 to 40 minutes. Lay pan sideways on Rack for last 5 minutes to finish browning top and bottom of bread.

Makes one 9x5-inch loaf.

LEMON QUICK BREAD

1-1/2 Cups All purpose flour
1 Tbsp. Grated Lemon peel
2 Tsp. Baking powder
1/4 Tsp. Salt
1/2 Cup Margarine
1 Cup Granulated sugar
2 Eggs
1/3 Cup Milk
2 Tbsp. Lemon juice
1/4 Cup Poppy seeds

Set Rack in 4-Qt. Cookwell. Preheat Roaster Oven to 375°F.

Combine dry ingredients; set aside. In large mixing bowl, cream margarine. Gradually add sugar and eggs, one at a time, beating well after each addition. Add milk and lemon juice; beat until smooth.

Stir in dry ingredients and poppy seeds. Pour evenly into two lightly greased 5-3/4x3-1/4-inch pans. Place pans on Rack in preheated Cookwell. Cover; bake 40 to 45 minutes or until edges pull away from pan. Lay pans sideways on Rack for last 5 to 8 minutes to finish browning top and bottom of bread.

Makes one 9x5-inch loaf.

APPLE BROWN BETTY

6 Large Baking apples, cored, peeled, thick sliced
3/4 Cup Granulated sugar
1/2 Cup Chopped pecans
2 Tbsp. All purpose flour
1 Tsp. Pumpkin pie spice

Topping:
1 Cup All purpose flour
1/2 Cup Granulated sugar
1-1/2 Tsp. Baking powder
1/4 Cup Margarine
1 Egg
1/4 Cup Milk
1 Tsp. Cinnamon

Preheat 4-Qt. Roaster Oven to 350°F.

In large mixing bowl, combine apples, sugar, pecans, 2 Tbsp. flour and spice; stir until well mixed.

For topping: Mix flour, sugar and baking powder. Cut in margarine. Add egg and milk; stir just until moistened.

Lightly spray Cookwell with spray cooking oil. Spoon apples into preheated Cookwell. Drop topping mixture by large spoonfuls around perimeter of apples, leaving center open. Sprinkle cinnamon over topping. Cover; bake 20 minutes. Increase temperature to 400°F. and continue to bake 10 minutes.

Serve warm with ice cream. Substitute other fresh or canned fruits for apples.

Serves 4 to 6.

PEAR, PEACH AND RASPBERRY CRISP

2 Cups Thick sliced peaches
2 Cups Thick sliced pears
1 Cup Raspberries, fresh or frozen, thawed
1 Cup Sugar
1/3 Cup All purpose flour
1/4 Cup Orange juice
1 (9-inch) Pastry crust, unbaked

Topping:
1 Cup Granola
1/4 Cup Brown sugar, firmly packed
2 Tbsp. Margarine
1 Tsp. Pumpkin pie spice

Remove 4-Qt. Cookwell. Preheat Heatwell to 350°F.

In large mixing bowl, combine all ingredients except pastry crust. Stir until well mixed. Roll crust into rectangle slightly larger than Cookwell. Place crust into bottom of Cookwell. Spread fruit mixture evenly over crust.

In small bowl, blend topping ingredients. Sprinkle evenly over fruit mixture. Place Cookwell into preheated Heatwell. Cover; bake 30 minutes. Reduce temperature to 325°F.; bake an additional 15 minutes or until fruit is tender.

Serves 8.

ROAST

ROASTING CHART

Preheat 4-Qt. Roaster Oven to roasting temperature. Minutes per pound are ONLY A GUIDE. Use a meat thermometer for more accurate roasting. Set meat on Rack to roast.

Meat	Avg. Weight In Pounds	Temp. Setting Preheat/Roast	Approximate Minutes Per Pound
BEEF			
Ground Beef	1 to 2	425°/425°F.	8 to 10 well
Pot Roast, boneless	2 to 2-1/2	350°/300°F.	12 to 18 medium
Sirloin Tip	3 to 4	350°/325°F.	20 to 25 medium
Standing Rump	3 to 4-1/2	350°/325°F.	20 to 25 rare-medium
Tenderoin, half	2 to 3	450°/400°F.	10 to 14 rare-medium
LAMB			
Leg, Sirloin, half	3 to 4	375°/350°F.	25 to 30 well
Shoulder, rolled	3 to 4	350°/325°F.	25 to 30 medium-well
PORK			
Chops, center cut 1-inch	1 to 2	425°/300°F.	15 to 20 well
Loin Roast, center	2-1/2 to 4	350°/325°F.	25 to 30 well
Shoulder, rolled	2-1/2 to 4	400°/350°F.	25 to 30 well
Ribs, lean country	4 to 5	250°/250°F.	20 to 25 well
(Precook ribs to tender; finish in 450°F. Roaster Oven or on outdoor grill.)			
SMOKED PORK			
Ham Slice, Center Cut	10 to 16 Oz.	350°/350°F.	Total 25 to 30
Ham, precooked, boneless	3 to 5	350°/325°F.	15 to 20 heated
VEAL			
Shoulder, blade roast	1-1/2 to 2	350°/325°F.	25 to 30 well
POULTRY			
Chicken Pieces	3 to 4	400°/375°F.	13 to 18 well
Chicken Whole	3-1/2 to 4-1/2	400°/400°F.	15 to 20 well
Cornish Hens (2)	3 to 3-1/2	425°/375°	13 to 18 well
Turkey, boneless breast	2-1/2 to 3	375°/325°F.	25 to 30 well

*To obtain additional browning on poultry, mix 1/4 Cup melted margarine with 1Tsp. browning sauce; brush evenly over skin before roasting.
*For crisper skin, baste, then remove liquid during roasting.

POT ROAST

1 (2-1/2 to 3 Lb.) Pot roast
8 Whole Small red potatoes, peeled
4 Medium Carrots, cut into chunks
4 Large Onions, cut in half
2 Tbsp. Margarine, melted
1/2 Tsp. Browning sauce

Set Rack in Cookwell. Preheat 4-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell and Rack with spray cooking oil. Arrange meat and vegetables on Rack. Stir together margarine and browning sauce; brush over meat. Cover; roast 10 minutes. Reduce temperature to 300°F. Cover; roast 25 to 30 minutes for medium (145°F. on meat thermometer); 30 to 40 minutes for well done (160°F. on meat thermometer).

For slow cooking: Brown meat then reduce temperature to 250°F. and roast 2 to 3 hours or until tender.

Serves 4.

MINI-MEAT LOAVES

2 Lb. Lean ground beef
1/4 Cup Dry bread crumbs
1/4 Cup Grated Parmesan cheese, divided
2 Tbsp. Dry milk granules
1 Egg
1/4 Cup Water
1 Tsp. Worcestershire sauce
1 Tsp. Italian herb seasoning
1 Green onion, thinly sliced
1/4 Cup Barbecue sauce

Set Rack in Cookwell. Preheat 4-Qt. Roaster Oven to 350°F.

Combine beef, bread crumbs, 2 Tbsp. cheese and milk granules in medium mixing bowl. Add remaining ingredients except for barbecue sauce; stir until well mixed.

Form into 4 loaves. Place loaves on Rack. Brush barbecue sauce evenly over meat; sprinkle on remaining Parmesan cheese. Cover; bake 25 to 30 minutes (150°F. to 160°F. on meat thermometer).

PEPPERED STEAK

2 (4 to 6 Oz.) Tenderloin or ribeye steaks, 1-inch thick
1 Tsp. Fresh ground black pepper
1 Clove Garlic, minced
1/4 Tsp. Italian herb seasoning
2 Tbsp. Margarine
2 Green onions, thinly sliced
Mushroom Sauce, to serve

Preheat 4-Qt. Roaster Oven to 425°F.

Into steaks rub pepper, garlic and herb seasoning; set aside.

Lightly spray Cookwell with spray cooking oil. Add margarine to preheated Cookwell. Cover; cook until melted. Arrange steaks in Cookwell. Cover; roast 5 minutes.

Turn steak over. Cover; roast 5 minutes (140°F. on meat thermometer). Steaks will be lightly browned, moist and tender.

Serve with Mushroom Sauce (Page 24).

Serves 2.

ROAST PORK CHOPS

1 Tbsp. Margarine
4 Pork chops, center cut, 1-inch thick (approximately 2 Lb.)
1 Pkg. (1-1/4 Oz.) Dry onion soup mix

Preheat 4-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Add margarine. Cover; cook until melted. Arrange pork chops in preheated Cookwell. Cover; roast 5 minutes.

Reduce temperature to 300°F. Sprinkle soup mix over chops. Cover; roast 25 to 30 minutes for well done (170°F. on meat thermometer).

Serves 2 to 4.

CASHEW PORK CHOPS

2 Tbsp. Margarine
4 Pork Chops, center cut, 1-inch thick
2 Tbsp. Lemon juice
1 Tbsp. Brown sugar
1/4 Tsp. Allspice
1 Small Onion, chopped
1 Small Red pepper, seeded, chopped
1 Small Green pepper, seeded, chopped
1/2 Cup Roasted cashew nuts

Preheat 4-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Add margarine to preheated Cookwell. Cover; cook until melted. Arrange pork chops in Cookwell. Cover; roast 5 to 8 minutes or until lightly browned. Turn chops over; roast 5 minutes.

Reduce temperature to 300°F. Combine lemon juice, sugar and allspice; stir until blended. Brush over pork chops. Add onion, peppers and cashews. Cover; roast 20 to 30 minutes for well done (170°F. on meat thermometer).

Serves 2 to 4.

BABY BACK RIBS

2 to 3 Lb. Baby back ribs, cut apart
1 Medium Onion, chopped
1 Bay leaf
Hot water to cover ribs
1/2 to 3/4 Cup B-B-Q sauce

Preheat 4-Qt. Roaster Oven to 250°F.

Lightly spray Cookwell with spray cooking oil. Set Rack in preheated Cookwell. Arrange meat on Rack. Add onion, bay leaf and hot water. Cover; roast 30 minutes or until meat is tender.

Remove meat and Rack from Cookwell. Carefully lift out Cookwell; slowly pour out and discard hot water. Clean Cookwell.

Set Cookwell into Heatwell. Cover; preheat to 400°F. Lightly spray Cookwell with spray cooking oil. Set Rack in preheated Cookwell. Place meat on Rack; brush sauce evenly over meat. Cover; roast 15 to 20 minutes or until sauce is set.

Serves 2 to 4.

WHOLE CHICKEN

1 (3-1/2 to 4-1/2) Lb. Whole Chicken
1 Tbsp. Vegetable oil
2 Tbsp. Paprika
1 Tbsp. Minced parsley
1 Tsp. Italian herb seasoning

Set Rack in Cookwell. Preheat 4-Qt. Roaster Oven to 400°F.

Rub skin with oil; rub on seasonings. Lightly spray Cookwell and Rack with spray cooking oil. Place bird on Rack in preheated Cookwell. Reduce temperature to 375°F. Cover; roast 1 to 1-1/2 hours (180°F. on meat thermometer in thickest part of thigh).

CHICKEN AND VEGETABLES

3 to 3-1/2 Lb. Chicken pieces, skinned
1 Large Onion, chopped
2 Medium Carrots, sliced
2 Stalks Celery, sliced
8 Large Red plum tomatoes, halved
1/2 Cup Lemon juice or chicken broth
1 Tsp. Granulated sugar
1 Tsp. Tarragon
1 Tbsp. Chopped parlsey
1 Tbsp. Paprika
Fresh hot pasta, to serve

Preheat 4-Qt. Roaster Oven to 300°F.

Lightly spray Cookwell with spray cooking oil. Arrange chicken in preheated Cookwell. Add vegetables. Stir together lemon juice, sugar and tarragon. Pour over meat and vegetables; sprinkle on parsley and paprika. Cover; roast 60 to 70 minutes (180°F. on meat thermometer).

Prepare fresh pasta according to Poach Chart (Page 26). Serve with hot chicken.

Serves 4.

ROAST CHICKEN BREASTS

1 Can (10-3/4 Oz.) Cream of mushroom soup
1 Cup Sour cream or lowfat plain yogurt
1/2 Cup Chicken broth
2 Cups Cooked long grain and wild rice
4 Oz. Mushrooms, cleaned, sliced
1 Stalk Celery, thinly sliced
2 Green Onions, thinly sliced
4 Whole Chicken breasts, skinned (approximately 3 Lb.)
1/2 Cup Sliced almonds
1/4 Cup Grated Parmesan cheese

Preheat 4-Qt. Roaster Oven to 350°F.

Combine soup, sour cream and broth; set aside.

Lightly spray Cookwell with spray cooking oil. Spoon rice into preheated Cookwell. Add mushrooms, celery and onions; stir. Spoon half the soup mixture over rice.

Arrange chicken breasts over rice mixture. Pour remaining half of soup mixture over chicken. Sprinkle on almonds and cheese. Cover; roast 45 to 55 minutes (180°F. on meat thermometer).

Serves 4.

Note: Pork chops may be substituted for chicken.

CORNED BEEF AND CABBAGE

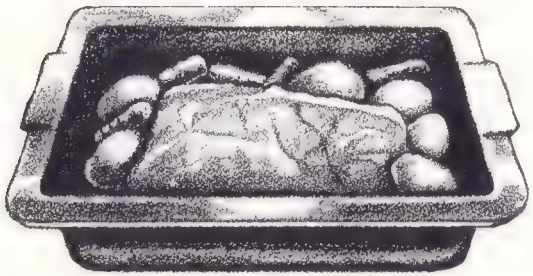
1 (2 to 2-1/2 Lb.) Corned beef brisket
1/4 Tsp. Ground black pepper
1/4 Tsp. Rosemary
1 Bay leaf
1 Whole Clove
4 Medium Red potatoes, peeled, halved
2 Small Onions, peeled
2 Small Parsnips, peeled, quartered
2 Large Carrots, peeled, quartered
1 Small Cabbage, cored, cut into 4 wedges

Preheat 4-Qt. Roaster Oven to 325°F.

Lightly spray Cookwell with spray cooking oil. Rub seasonings onto outside of brisket. Place meat in preheated Cookwell. Add enough hot water to reach halfway up meat; add bay leaf and clove. Cover; cook 10 minutes.

Reduce temperature to 250°F. Add vegetables. Cover; cook 3 to 4 hours or until meat and vegetables are tender.

Serves 4.



Roast, cook or simmer foods in natural juices. You can control the temperature precisely in your Roaster Oven.

BEEF STEW

2 Tbsp. Margarine
1-1/2 Lb. Round steak, cut into cubes*
8 Whole Small onions
16 Whole Baby carrots
4 Stalks Celery, cut into chunks
8 Whole Small red potatoes, peeled
1 Pkg. (1-1/4 Oz.) Dry onion soup mix
1/2 Cup Beef stock
1/2 Tsp. Ground black pepper

Preheat 4-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Add margarine; cover; cook until melted. Arrange meat in preheated Cookwell. Cover; roast 10 minutes.

Reduce temperature to 300°F. Add vegetables. Sprinkle soup over; add broth and pepper. Cover; cook 1 to 1-1/2 hours or until tender.

For slow cooking: Reduce temperature to 250°F. and cook 2-1/2 to 3 hours or until tender.

Serves 4.

**Substitute lamb or pork for beef.*

PORK AND FRUIT STEW

2 Tbsp. Margarine
2 Pork chops, center cut, 1-inch thick, bone removed, cut into bite-size pieces
1 Green onion, thinly sliced
2 Large Apples, cored, thick sliced
1 Can (8 Oz.) Chunk pineapple, undrained
1 Tbsp. Cider vinegar
1 Can (16 Oz.) Sweet potatoes, drained, cut
1/2 Cup Dark sweet cherries
Cornstarch, to thicken

Preheat 4-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Add margarine to preheated Cookwell. Cover; cook until melted. Add meat and onion. Cover; cook 5 minutes.

Add apples, pineapple juice and vinegar. Cover; cook 10 minutes. Reduce temperature to 275°F. Add sweet potatoes, cherries and pineapple. Cover; cook 30 to 40 minutes or until hot. Thicken with cornstarch, if desired.

Serves 2.

CHILI

2 Lb. Ground beef
1 Medium Onion, chopped
1 Clove Garlic, minced
1 Can (16 Oz.) Stewed tomatoes
1 Can (10-3/4 Oz.) Tomato soup, undiluted
2 Cans (8 Oz.) Tomato sauce
1 Can (16 Oz.) Red kidney beans, drained
1 Tbsp. Chili powder
1 Tbsp. Italian herb seasoning
2 Tbsp. Brown sugar

Preheat 4-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Break apart meat; place in preheated Cookwell. Add onions and garlic. Cover; cook 10 to 12 minutes or until meat is browned, stirring once. Stir in remaining ingredients until well mixed. Reduce temperature to 325°F.; cover; cook 45 to 60 minutes or until flavors blend.

Serves 8 to 10.

B-B-Q SANDWICHES

2 Tbsp. Margarine
2 Lb. Ground beef or turkey, crumbled
1 Large Onion, chopped
3 Stalks Celery, thinly sliced
2 Tsp. Worcestershire sauce
1 Can (10-3/4 Oz.) Tomato soup, undiluted
1 Cup Ketchup
1/2 Cup B-B-Q sauce

Preheat 4-Qt. Roaster Oven to 425°F.

Lightly spray Cookwell with spray cooking oil. Add margarine. Cover; cook until melted. Add meat, onions and celery. Cover; cook 15 to 20 minutes or until browned.

Reduce temperature to 325°F. Add remaining ingredients; stir to mix. Cover; cook 30 to 40 minutes or until bubbly hot.

Serves 8 to 10.

CHICKEN STROGANOFF

2 Tbsp. Margarine
8 Oz. Chicken tenders, cut into bite-size pieces
1 Small Red onion, chopped
4 Oz. Mushrooms, cleaned, sliced
3/4 Cup Chicken broth
Salt and ground black pepper, to taste
1/4 Tsp. Dill weed
1/2 Cup Sour cream
2 Tsp. All purpose flour
Cooked fresh pasta, to serve

Preheat 4-Qt. Roaster Oven to 400°F.

Lightly spray Cookwell with spray cooking oil. Add margarine to preheated Cookwell. Cover; cook until melted. Add chicken, onions and mushrooms. Cover; cook 8 to 10 minutes.

Reduce temperature to 325°F. Add broth and seasonings. Cover; cook 15 to 20 minutes or until tender. At serving time, combine sour cream and flour. Stir into stroganoff. Cover; cook 2 to 4 minutes or until warmed.

Serve immediately over hot pasta.

Serves 2.

VEGETABLE LASAGNA

1/4 Cup Water
6 Lasagna noodles, uncooked
1 Container (15 Oz.) Ricotta cheese
2 Eggs
1/2 Cup Grated Parmesan cheese
1 Jar (15-1/2 Oz.) Spaghetti sauce
1 Pkg. (10 Oz.) Frozen chopped spinach, thawed and drained
1 Large Onion, chopped
2 Medium Zucchini, shredded
2 Medium Carrots, shredded
2 Large Tomatoes, peeled, seeded, coarsely chopped
1-1/2 Cups (6 Oz.) Shredded Mozzarella cheese

Remove 4-Qt. Cookwell. Lightly spray Cookwell with spray cooking oil. Pour water into Cookwell. Lay 3 noodles lengthwise in Cookwell.

Combine Ricotta cheese, eggs and Parmesan cheese; stir until blended. Spoon half the mixture over noodles. Spoon half the spaghetti sauce over cheese mixture. Layer half the spinach, onions, zucchini, carrots, tomatoes and Mozzarella. Repeat second layer beginning with remaining noodles.

Cover; refrigerate 6 to 12 hours.

Preheat covered Heatwell to 375°F.

Set Cookwell in preheated Heatwell. Cover; cook 60 to 70 minutes or until cooked through. If edges brown or lasagna starts to dry, add 1/4 Cup hot water.

Serves 4 to 6.

VEGETABLE BAKE

2 Tbsp. Margarine
1 Medium Eggplant, peeled, cut into 1/2-inch slices (approximately 1 Lb.)
2 Medium Zucchini, peeled, thick sliced (approximately 1 Lb.)
2 Large Onions, peeled, sliced
2 Large Tomatoes, sliced
1 Medium Green pepper, seeded, cubed
1 Tsp. Dill weed
1/2 Tsp. Italian herb seasoning
1/2 Cup (2 Oz.) Grated Swiss cheese
1/2 Cup (2 Oz.) Grated Cheddar cheese
Salt and ground black pepper, to taste

Preheat 4-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Add margarine. Cover; cook until melted. Layer vegetables in preheated Cookwell. Sprinkle on seasonings and cheeses.

Cover; bake 30 to 35 minutes or until hot and bubbly. Remove excess liquid from vegetables with baster, if desired.

Serves 4 to 6.

SUMMER VEGETABLE SOUP

2 Tbsp. Vegetable oil
2 Lb. Red potatoes, peeled, cubed
2 Large Carrots, thinly sliced
1 Medium Leek, thinly sliced
1/2 Lb. Asparagus, top stalks
1/2 Lb. Mushrooms, cleaned, thinly sliced
1 Lb. Tomatoes, peeled, seeded, coarsely chopped
12 Oz. Shelled Peas, fresh or frozen
1/2 Tsp. Sweet basil
1/2 Tsp. Italian herb seasoning
4 to 5 Cups Chicken broth
Salt and ground black pepper, to taste
Grated Parmesan, to serve

Preheat 4-Qt. Roaster Oven to 400°F.

Lightly spray Cookwell with spray cooking oil. Add oil. Cover; heat 5 minutes. Carefully add vegetables, herbs, salt and pepper. Cover; cook 15 to 20 minutes.

Add broth to desired thickness. Cover; cook 30 to 40 minutes or until vegetables are tender. Ladle into bowls; top with Parmesan cheese.

Serves 4.

TOMATO BISQUE

1/4 Cup Margarine
2 Green onions, finely chopped
1 Stalk Celery, finely chopped
Salt and ground black pepper, to taste
1 Tsp. Paprika
1/2 Tsp. Ground marjoram
1/4 Cup All purpose flour
3 to 4 Cups Milk*
1 Lb. Whole tomatoes, skinned, seeded, finely chopped
1 Tsp. Baking soda
1/2 Lb. Lump crabmeat (optional)
1/2 Lb. Chopped shrimp (optional)
6 Fresh parsley sprigs, to garnish

Preheat 4-Qt. Roaster Oven to 350°F.

Lightly spray Cookwell with spray cooking oil. Add margarine, onions and celery. Cover; cook 10 minutes or until onions are tender. Add salt, pepper, paprika and marjoram. Add flour; stir until smooth. Gradually add milk; stirring until blended. Cook until slightly thickened.

Add tomatoes and baking soda. Stir in crabmeat and shrimp. Reduce temperature to 250°F. Cover; cook 15 to 20 minutes or until heated through. Ladle soup into serving bowls; garnish with parsley sprig.

Serves 4 to 6.

**2%, whole, evaporated milk or half-and-half*

NEW ENGLAND CLAM CHOWDER

2 Tbsp. Margarine
1 Large Onion, diced
2 Tbsp. All purpose flour
3 Cups Milk*
4 Medium Red potatoes, cooked, skinned, diced
1 Can (7 Oz.) Minced clams
Salt and ground black pepper, to taste
Paprika, to garnish

Preheat 4-Qt. Roaster Oven to 400°F.

Lightly spray Cookwell with spray cooking oil. Add margarine and onion to preheated Cookwell. Cover; cook 5 minutes or until onions are tender. Add flour; stir to blend. Gradually stir in milk. Add potatoes, clams, salt and pepper. Cover; cook 10 minutes.

Reduce temperature to 300°F. Stir. Cover; cook 20 to 30 minutes or until heated through, stirring once. Do not allow soup to boil or the milk may curdle.

Ladle into serving bowls and garnish with a dash of paprika.

Serves 4.

**1%, 2% or whole milk*

3 BEAN POT

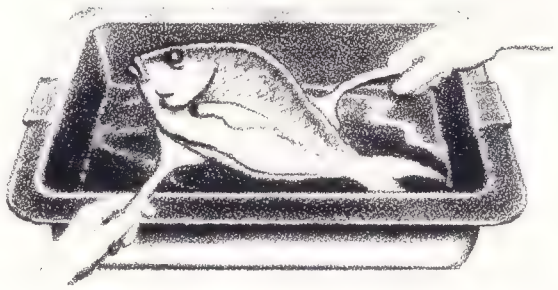
2 Tbsp. Margarine
1 Large Onion, chopped
1 Clove Garlic, minced
3/4 Cup B-B-Q sauce
1 Tsp. Worcestershire sauce
1 Tbsp. Salad mustard
1/2 Tsp. Ground black pepper
Dash seasoned salt
1 Can (16 Oz.) Pinto beans
1 Can (16 Oz.) Red kidney beans
1 Can (16 Oz.) Lima beans
3 Strips Bacon, cooked, crumbled
1/2 Cup (2 Oz.) Shredded Cheddar cheese

Preheat 4-Qt. Roaster Oven to 300°F.

Spray Cookwell with spray cooking oil. Place margarine in preheated Cookwell. Cover; cook until margarine melts. Add onion and garlic. Cover; cook 5 to 10 minutes or until onions soften. Add remaining ingredients except for cheese. Stir to mix. Sprinkle cheese over top.

Cover; cook 50 to 60 minutes or until bubbly hot.

Serves 6.



Now you can prepare tender fish that welcomes creative saucery!

MUSHROOM SAUCE

1 Tbsp. Margarine
8 Oz. Mushrooms, cleaned, chopped
1 Green onion, thinly sliced
1 Tbsp. Chopped parsley
1 Tbsp. All purpose flour
1/2 Cup Milk
1 Egg yolk, optional
1 Tsp. Steak sauce
Salt and ground black pepper, to taste

Melt margarine in medium saucepan. Sauté mushrooms, onion and parsley over medium heat until tender. Sprinkle flour over; gently stir into vegetables. Gradually stir in milk, egg yolk, steak sauce, salt and pepper. Continue to cook until sauce thickens, stirring constantly.

Spoon over meat during last 20 minutes of roasting.

Makes approximately 1-1/4 Cups.

HONEY MUSTARD SAUCE

1 Cup Olive or peanut oil
1/2 Cup Dijon-style mustard
1/3 Cup Honey
1/4 Cup Cider vinegar
1 Tbsp. Brown sugar
1/2 Tsp. Cinnamon

Combine all ingredients in small mixing bowl; stir until well blended. Brush over poultry or pork before roasting.

Makes approximately 1-1/2 Cups.

WARM WINTER FRUIT

1 Can (16 Oz.) Sliced peaches, drained
1 Can (16 Oz.) Pear halves, drained, thickly sliced
1 Can (20 Oz.) Pineapple chunks, juice reserved
1 Can (16 Oz.) Dark sweet cherries, drained
1 Can (11 Oz.) Mandarin oranges, drained
1/2 Cup Brown sugar
1 Tbsp. All purpose flour
1 Tsp. Cinnamon
1/4 Tsp. Nutmeg

Preheat 4-Qt. Cookwell to 225°F.

In small mixing bowl, combine pineapple juice, brown sugar, flour, cinnamon and nutmeg; stir until blended.

Lightly spray Cookwell with spray cooking oil. Arrange fruit in preheated Cookwell. Pour pineapple juice mixture over fruit. Cover; cook 25 to 35 minutes or until heated through.

Serve warm alone or over ice cream or cake.

Serves 4.

STEAM/POACH

VEGETABLE STEAM CHART

Place Rack in a 4-Qt. Roaster Oven, add hot water to the amount given in chart, cover, preheat to 400°F. Steam all vegetables at 400°F.

Steaming will bring out the fresh flavor, color, and texture of each vegetable. Times may vary due to freshness, size differences, and desired degree of doneness. The suggested times will give you crisp-tender vegetables.

Vegetable	Steam Time	Water Amount
Artichoke Trimmed	20 to 25 min.	1-1/2 Cups
Asparagus Trimmed	8 to 12 min.	1-1/2 Cups
Green Beans Whole, snapped	10 to 15 min.	1-1/2 Cups
Beets Whole 2-3 inch	20 to 25 min.	2 Cups
Broccoli Stalks, trimmed	15 to 20 min.	2 Cups
Flowerettes, trimmed	10 to 12 min.	1-1/2 Cups
Cabbage Quarter or Wedges	12 to 15 min.	1-1/2 Cups
Carrots Chunks, cleaned	12 to 15 min.	1-1/2 Cups
Cauliflower Whole, cleaned	18 to 22 min.	2 Cups
Flowerettes, trimmed	10 to 12 min.	1-1/2 Cups
Corn on the Cob Husked	10 to 15 min.	1-1/2 Cups
Leeks Trimmed	5 to 10 min.	1-1/2 Cups
Potatoes Whole small red	20 to 25 min.	2 Cups
Sweet Potatoes 6 Oz. each	25 to 30 min.	2 Cups
Summer Squash Pattypan, Whole small Zucchini	10 to 15 min.	1-1/2 Cups
Winter Squash Acorn or Butternut, Halved or Quartered	20 to 25 min.	2 Cups

STEAM FISH, SEAFOOD AND MEAT CHART

To Steam: Place Rack in 4-Qt. Roaster Oven. Add hot water to the amount given in the chart. Cover; preheat to 350°F. for 20 minutes. Steaming will retain the delicate texture and flavor of fish and seafood. Serve hot directly from Roaster Oven. To serve cold: plunge in cold water to stop cooking, chill before serving.

Type of Fish	Steam Time	Water Amount
Fish Fillets	10 to 15	1-1/2 Cups
Fish Steaks	15 to 20	1-1/2 Cups
Whole Fish Gills and fins removed	20 to 25	2 Cups
Clams In shell	10 to 15	1-1/2 Cups
Crab Claws and legs	20 to 25	1-1/2 Cups
Lobster Tails	15 to 20	2 Cups
Mussels In shell	10 to 15	1-1/2 Cups
Oysters In shell	10 to 15	1-1/2 Cups
Shrimp Large, in shell	10 to 12	1-1/2 Cups
Sea Scallops In shallow dish	10 to 15	1-1/2 Cups
Fresh Sausages 2 to 3 Oz. each	15 to 20	1-1/2 Cups
Fresh Hot Dogs 1 to 2 Oz. each	10 to 15	1-1/2 Cups

POACH CHART

To poach: Place Rack in 4-Qt. Roaster Oven. Add hot water to the amount given in the chart. Cover; preheat to 350°F. for 20 minutes.

Poaching is a way of gently simmering foods. There is no fat added during cooking.

Type of Food	Poach Time	Water Amount
Fish Steaks	15 to 20	2 Cups
Whole Fish Gills & fins removed	15 to 20	3 Cups
Chicken Breasts Skinned	25 to 30	3 Cups Chicken broth
Fresh Sausages 2 to 3 Oz. each	15 to 20	3 Cups
Fresh Hot Dogs 1 to 2 Oz. each	10 to 15	2 Cups
Fresh Pasta 9 to 12 Oz.	15 to 18	Water to cover, plus 1 Cup

POACHING LIQUID

1 Cup Apple Cider
1 Cup Hot water
1/2 Tsp. Ground Allspice
1/4 Tsp. Nutmeg
2 Whole Black peppers

Combine all ingredients in Cookwell.

Preheat Roaster Oven to 350°F. for 20 minutes, add fish and poach according to recipe followed.

Makes 2 Cups.

SHRIMP AND SCALLOP KEBOBS

4 Oz. Deveined Shrimp with tails left on
1 Small Red pepper, cut into pieces
4 Oz. Sea scallops
1 Small Yellow pepper, cut into pieces

Set Rack in 4-Qt. Roaster Oven. Add 1 Cup water. Cover; preheat to 350°F. for 20 minutes.

Alternate on two wooden skewers: shrimp, red pepper, scallop and yellow pepper. Combine orange juice and teriyaki sauce. Brush over kebobs.

Place kebobs on Rack. Arrange lettuce leaves over kebobs. Cover; steam 8 to 10 minutes or until shrimp are pink. Discard lettuce leaves. Serve over cooked rice.

Serves 2.

CHICKEN AND RICE SALAD

8 Oz. Chicken tenders
2 Cups Cooked rice
2 Large Tomatoes, peeled, seeded, cubed
1 Small Green pepper, seeded, cubed
1 Small Yellow pepper, seeded, cubed
1 Medium Cucumber, seeded, coarsely chopped*
1/2 Cup Baby peas
1/2 Cup Corn kernels
1 Cup Italian salad dressing
1 Can (10-3/4 Oz.) Cream of celery soup*

Preheat 4-Qt. Roaster Oven to 350°F.

Poach chicken according to Poach Chart (Page 26). Cut into bite-size pieces. In large bowl, combine chicken with remaining ingredients.

To serve cold: Cover bowl and refrigerate 4 to 6 hours. Serve chilled on a bed of lettuce.

Serves 4.

**To serve hot: Substitute zucchini or yellow squash for cucumber. Stir in soup. Preheat 4-Qt. Roaster Oven to 350°F. Lightly spray Cookwell with spray cooking oil. Spoon mixture into preheated Cookwell. Cover; bake 30 to 40 minutes or until heated through.*

CHICKEN AND SPINACH SALAD

Salad:
2 Whole Chicken breasts, boned, skinned (12 to 14 Oz. each before boning)
1/4 Cup Italian salad dressing
4 Oz. Spinach leaves, rinsed, stems removed
1 Large Apple, coarsely chopped*
1 Stalk Celery, thinly sliced
2 Green onions, thinly sliced
1/2 Cup Coarsely chopped walnuts
Dressing:
1/2 Cup Italian salad dressing
1/4 Cup Mayonnaise or salad dressing
Ground black pepper, to taste

Cut each chicken breast in half. Place chicken and 1/4 Cup Italian salad dressing in a shallow dish, cover, marinade 3 to 4 hours.

Set Rack in 4-Qt. Roaster Oven. Add l-1/2 Cups water. Cover; preheat to 350°F. for 20 minutes.

Remove chicken from marinade and place on Rack with wide spatula. Cover; steam 20 to 25 minutes or until meat is white and firm.

Meanwhile, place spinach leaves in a large salad bowl. Arrange apples, celery, onions and walnuts over spinach. Cover; chill while chicken is being steamed.

Stir together dressing ingredients.

To serve, remove hot chicken from Rack. Slice thin retaining shape of meat, set on chilled salad. Pour dressing over salad. Serve immediately.

Serves 4.

**i.e. Delicious apple*

TANGY BEANS

1 Lb. Green string beans, stems removed
1/4 Cup Sliced Water chestnuts
1 Green onion, thinly sliced
1/2 Cup Chicken broth, divided
1 Tbsp. Olive oil
1 Tbsp. Cider vinegar
2 Tbsp. Granulated sugar
1 Tbsp. Teriyaki sauce
1 Tbsp. Sesame seeds
1 to 2 Tsp. Cornstarch

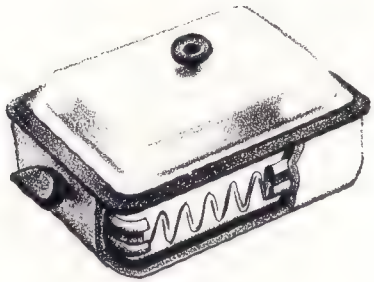
Set Rack in 4-Qt. Roaster Oven. Add 1-1/2 Cups water. Cover; preheat to 350°F. for 20 minutes.

Place beans crosswise on Rack. Cover; steam 10 to 12 minutes or until tender. Remove beans and Rack. Discard water from Cookwell.

Lightly spray Cookwell with spray cooking oil. Place steamed beans along with remaining ingredients except for 2 Tbsp. chicken broth and cornstarch in Cookwell. Stir until well mixed. Place Cookwell into Heatwell. Cover; bake 20 to 25 minutes.

Blend cornstarch and remaining chicken broth. Stir into bean mixture. Cover; bake 10 to 15 minutes or until sauce has thickened.

Serves 4.

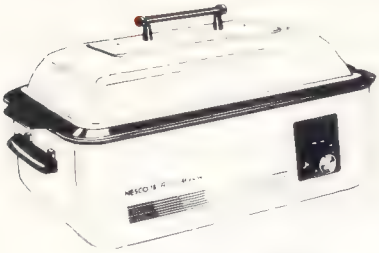


*NESCO® Roaster Ovens feature the exclusive "**CIRCLE-OF-HEAT™**" construction. Foods are heated from the side, not the bottom, to give moist, even cooking.*

LOOK FOR OTHER NESCO® QUALITY PORTABLE ELECTRIC PRODUCTS

Available from your Nesco Retail Dealer

"Nesco" means performance and efficiency in home cooking appliances. "Nesco" also means quality, versatility and portability.



18-Qt. Roaster Oven
Model 4218-xx
Model 4228-xx



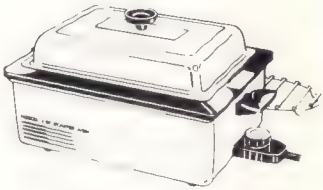
12-Qt. Roaster Oven



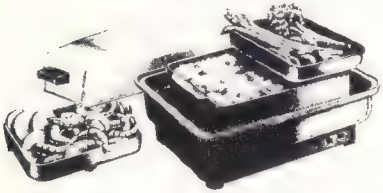
6-Qt. Roaster Oven



Commercially Rated Coffee Urns
42 and 32 Cup and
38 Cup (Insulated)



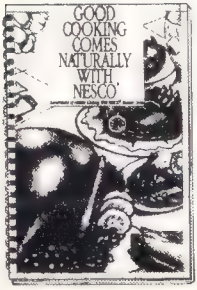
4-Qt. Roaster Oven



Steam Cuisine™ Whole Meal Steamer



Coffeemaker Travel Kits



SPECIAL ROASTER OVEN COOKBOOK OFFERED

A beautiful, practical 112-page Nesco 4-Quart and 18-Quart Cookbook, featuring nearly 100 traditional and new recipes and useful tips is available from The Metal Ware Corp.

To order **"GOOD COOKING COMES NATURALLY WITH NESCO"**, send a money order or check for $12.95 plus $2.50 handling and shipping per copy to: The Metal Ware Corp., P.O. Box 237, Two Rivers, WI 54241.

OR you may use your VISA or MASTERCARD. Just follow the instructions on Page 34.

ONE YEAR LIMITED WARRANTY

This appliance is warranted for one year from date of original purchase against defects in material and workmanship. This warranty does not cover transportation damage, misuse, accident or similar incident. This warranty gives you special legal rights and you may have other rights which vary from state to state.

Defective products may be returned, postage prepaid, with a description of the defect to: The Metal Ware Corporation, 1700 Monroe Street, Two Rivers, Wisconsin 54241, for no-charge repair or replacement at our option.

SERVICE. Service and genuine **NESCO** replacement parts may be obtained from **NESCO FACTORY SERVICE DEPARTMENT.**

For service in warranty, follow instructions set forth in warranty.

When ordering new parts, make sure that you always mention the model number of the product, which is found on the bottom of the Roaster Oven.

NOW AVAILABLE:

Special 5 pc. Steam Serving and Bake Accessory Kit for Nesco Roaster Ovens. Turn your Roaster Oven into a professional steam and serve table. Kit includes three 1-1/2 Qt. stainless steel dishes, frame and bake sheet. If your Nesco dealer does not stock the accessory kit, you may order directly from the factory, using MASTERCARD, VISA, check or money order only. Please check the Model # on the bottom of your Roaster Oven and indicate quantity requested of each.

QTY.	Order Kit #		
____	Model #4218-xx* (18 Qt.)	**4918-10**	(Note: 5 piece kit only $34.95)
____	Model #4228-xx* (18 Qt.)	**4928-10**	(Note: 5 piece kit only $34.95)
____	Model #4112-xx* (12 Qt.)	**4912-10**	(Note: 5 piece kit only $34.95)
____	Model #4104-xx* (4 Qt.)	**4904-10**	(Note: 3 piece kit only $22.95)

*NOTE: Last 2 digits of Model No. ONLY indicate Roaster Oven color. Kits are all same color.

Note: Check the model numbers carefully. **Total cost:** _____

Please use my: MasterCard _____ or VISA _____

Name (as it appears on card): _____

Card Number: _____

Expiration date: _____

Signature: _____

Ship to:

Name: _____

Address (No P.O. boxes please) _____

City_____ State_____ Zip _____

Phone (incl. area code) _____

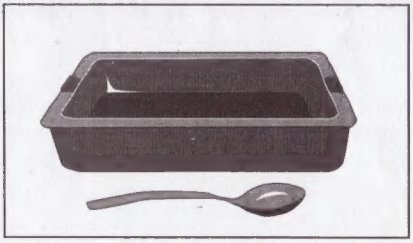
NESCO®

ROASTER OVEN
USE & CARE OF YOUR NEW NON-STICK COOKWELL

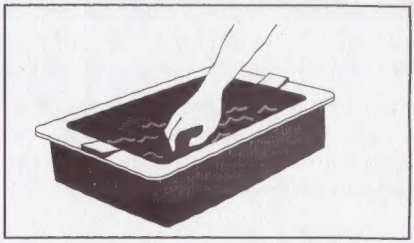
Your NESCO Roaster Oven is specially equipped with our new removable, non-stick Cookwell. It features an excellent coating specifically designed by The Metal Ware Corp. for our durable, **U.S. -made,** carbon steel Cookwell.

The coarse finish of the non-stick surface is provided to enhance its' durability.

To keep the Cookwell looking new and functioning at peak performance, please follow these simple instructions.



1) Use of plastic, rubber, or wooden utensils in the non-stick Cookwell is suggested.
Never Use Metal Utensils.



2) To remove stains or cooked-on foods, carefully use a plastic scrubbing pad.
Never Use A Metal Pad.

IMPORTANT INSTRUCTIONS

NOTE: ***These instructions supercede curing instructions on page 3 of your Use/Care booklet.***

When curing your NESCO ROASTER OVEN with non-stick Cookwell, we recommend that it be operated **WITHOUT THE COVER AND COOKWELL.** Do this in a covered outside area or other well ventilated area. See page 3 of your operating instructions for other details of curing your Roaster Oven.

When roasting or baking at high temperatures you may notice an irregular band of discoloration around the sidewalls of the Cookwell. This discoloration is characteristic of the super tough non-stick coating used on the interior of the Cookwell and in no way affects the performance or durability of the finish. With continued use the discoloration will become less noticeable.

PREPARING THE NON-STICK SURFACE

Before cooking in your new NESCO Roaster Oven for the first time, be sure to follow the curing (or breaking-in) instructions in your Use/Care & Recipe Guide which is packed-in with your oven.

Then, after curing and before cooking in the Non-Stick Cookwell for the first time, lightly coat the interior of the Cookwell with vegetable oil. By doing this, you will get better performance from your new Cookwell.

PROTECTING THE NON-STICK SURFACE

- Always use rubber, plastic or wooden utensils on the non-stick interior surface. ***Never use metal utensils, and avoid cutting in the Cookwell.***
- Only use a soft brush or plastic scrubbing pads, ***never use metal-based pads.***
- Use of a non-stick spray on the interior surface is optional.
- Avoid storing items in the Cookwell which may scratch the surface.

CLEANING YOUR COOKWELL

Your NESCO Roaster Oven Cookwell is made of durable carbon steel.
The clean-up of the non-stick surface is quick and easy.

For normal cleaning, immerse the removable Cookwell in warm, soapy water and use a sponge or dishcloth to clean the surface. Use a plastic scrubbing pad to remove stains or cooked-on foods, and also to clean the steel cooking rack. Some soaking may be desirable. Never use an abrasive cleanser on the non-stick surface.

It's that easy with NESCO. Now you're ready for years of fine cooking with your easy-to-clean NESCO Roaster Oven.

KEEP FOR FUTURE REFERENCE
(Store in "Use & Care" Booklet)

NESCO®
The Metal Ware Corp.
P.O. Box 237, Two Rivers, WI 54241
Phone: 920-793-1368 • Fax: 920-793-1086

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C/N 63501

NESCO®

Portable Electric Roaster Ovens: 18-Quart, 12-Quart, 6-Quart and 4-Quart sizes.



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